

Student's Name (please print) _____

**CAUTIONS, CONSIDERATIONS, AND RESPONSIBILITIES TO INCREASE SAFETY AND
ENJOYMENT OF INTERSCHOLASTIC ICE HOCKEY
WORTHINGTON SCHOOLS**

Ice hockey is a fast moving, physically demanding sport. Squad members, their families and the coaching staff must accept and share certain responsibilities to enhance safety and enjoyment for the participant because of the inevitable contact that occurs between players, players and sticks, or players and the boards

PREPARATION FOR PRACTICE OR CONTEST

1. Wear all protective equipment to every practice or contest unless otherwise indicated by the daily practice plan. Have your helmet on and mouthpiece in when you go on the ice.
2. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
3. Wear outer and under garments that are appropriate for temperature.
4. Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if impairment affects judgment or perception.
5. Stretch thoroughly and jog easily to warm up before going on the ice. Follow warm up and stretching exercises prescribed by the coaches.
6. **ALL STUDENTS MUST HAVE THE APPROPRIATE PHYSICAL EXAMINATION CARD ON FILE BEFORE PRACTICING.**

LOCKER ROOM

1. Secure all personal belongings in a locker. Keep floors free of litter.
2. Close locker doors when away from your locker.
3. Be alert to slippery floors.
4. Be alert to changes in floor texture and to elevated thresholds between shower and locker room.
5. Refrain from rapid movements, horseplay and rough house in the locker/shower areas.
6. Report incidents of foot or other skin infections to coach(es).

MOVEMENT TO THE ICE RINK

1. Be alert to:
 - a. doors at the bench areas that do not fit flush with the boards, thereby leaving edges exposed.

- b. uneven ice level at the sideboards.
 - c. ruts or holes in the ice.
 - d. exposed edges on the goal cages.
 - e. loose doors that may pop open when hit.
2. Sit on the bench when your group is not on the ice. Do not sit on boards and let feet dangle in the playing area.

CAUTIONS SPECIFIC TO ICE HOCKEY

1. A well-equipped hockey player is less likely to be injured.
 - a. Do you have all the necessary equipment?
 - b. Is the equipment in good repair?
 - c. Does the equipment fit properly?
 - d. Do you know how to care for your equipment? (e.g. dry the skates, oil the gloves, tape the stick, etc...)
2. The head and face are the most frequent body parts injured. This emphasizes the importance of the helmet, face mask, and mouth guard as protective equipment.
3. Obey the letter and spirit of the rules. Use your body, skates, puck, and stick only for purposes provided for in the rules.
4. If weight training is part of your conditioning program, observe all weight room safety procedures.

EMERGENCIES

Because of the nature of ice hockey, some injuries will occur. Most will be minor and can be managed with first aid. All injuries must be called to a coach's or trainer's attention. However, some may need more intense management and may also require squad members to:

1. Stop all practices, scrimmages, or drills.
2. Call a coach or trainer to manage the situation.
3. Sit or kneel in close proximity.
4. Assist by:
 - a. Calling for additional assistance.
 - b. Bringing first aid equipment or supplies to the site.
 - c. Keeping onlookers away.
 - d. Directing the rescue squad to the site.
5. Fire or fire alarm:
 - a. Evacuate or remain outside building.
 - b. Move 100 yds. from the building.
 - c. Be prepared to implement emergency procedures outlined in #4.

INSURANCE

Student accident insurance is not provided by the Worthington Schools. All medical expenses incurred by an athlete must be paid by the parent and/or their insurance policy. I, the undersigned, understand that I must either use my own accident insurance or enroll my child in a school insurance program which has been made available for me to purchase. Otherwise, I realize that my son/daughter will not be covered by accident insurance.

ACKNOWLEDGEMENT

We certify that we have read and understand the cautions, considerations, and responsibilities required for participation in a Worthington Schools Ice Hockey Program.

PARENT SIGNATURE

DATE

STUDENT SIGNATURE

DATE